



HEALTHY FOODS TO PRIORITIZE GUIDE

LIST OF HEALTHY FOODS

Here are a list of foods to prioritize in your healthy foods purchasing and donations:

Fruits & Vegetables

- All fresh fruits and vegetables
- All frozen fruits and vegetables (low sodium, no added sugar)
- All canned vegetables (low sodium, no added sugar)
- All canned fruits (light syrup, canned in its own juice)
- 100% fruit or vegetable juice (no added sugars or sweeteners, low sodium, no added salt)

Dairy

- Lowfat or nonfat milk (unflavored)
- Lowfat to nonfat yogurt (plain or with real fruit)
- Lowfat or nonfat cheeses
- Milk alternatives: Soy, almond, coconut, or rice milk (unsweetened, fortified with Calcium and Vitamin D)

Proteins

- Lean or extra lean cuts of meat
- Fresh whole eggs
- Canned meats (canned in water)
- Fish (fresh, frozen, or canned in water)
- Canned/dry beans or lentils (no added sugar)
- Nuts/nut butters (unsalted, no added sugar)

Grains

- Colored Rice: Black, brown, red, wild rice
- Hearty whole grains: Amaranth, barley, bulgur, buckwheat, cornmeal, millet, oatmeal, quinoa, steel cut oats, rye, teff, wheatberries, 100% whole grain bread, whole wheat pasta

DEFINITIONS OF LABEL CLAIMS BASED ON FOOD GROUP

For the healthiest choices, refer to the first page in this document. For more clarity on what is healthy, look to the definitions below that describe common label and nutrient claims for each food group. These definitions will help you to know what to prioritize, but should not be the only basis for deciding whether a food is healthy or not.

FRUITS & VEGETABLES

DEFINITION OF SODIUM:

- ✓ **No Added Salt/Unsalted:** No salt was added during processing (but not always low in sodium)
- ✓ **Sodium Free:** Less than 5 mg per serving
- ✓ **Very Low Sodium:** 35 mg or less per serving
- ✓ **Low Sodium:** 140 mg or less per serving
- ✓ **Reduced Sodium:** 75% less sodium than the original version

DEFINITIONS OF SUGAR:

- ✓ **No Added Sugar:** No sugar or sugar containing ingredient is added during processing
- ✓ **Sugar Free:** Less than 0.5 g sugar per serving
- ✓ **Reduced Sugar:** At least 25% less sugars per serving
- ✓ **Light Syrup/Canned in its own juice:** Little to no sugar added
- ✓ **No added Sweeteners/Unsweetened:** No sugar or sweeteners (natural or artificial) are added

DAIRY

DEFINITIONS OF FAT:

- ✓ **Fat Free/Nonfat:** Less than 0.5 g total fat per serving
- ✓ **Low Fat (1% fat):** 3 g total fat or less per serving
- ✓ **Reduced Fat (2% fat):** 25% less total fat than food it is being compared to

ADDED NUTRIENTS:

- ✓ **Fortified with Calcium and Vitamin D:** Nutrients have been added to product

PROTEIN IN MILK VS. MILK ALTERNATIVES:

- ✓ **Remember:** Not all milk alternatives have as much protein per serving as a glass of milk

<u>Type of milk</u>	<u>Cow's milk</u>	<u>Soy milk</u>	<u>Almond milk</u>	<u>Rice milk</u>	<u>Coconut milk</u>
Protein	8 grams	7 grams	1 gram	<1 gram	0 grams

PROTEINS

DEFINITIONS OF FAT:

- ✓ **Lean Protein:** Less than 10 g of fat, 4.5 g saturated fat, 95 mg cholesterol per 3 ½ ounces of uncooked meat, poultry, or seafood
- ✓ **Extra Lean Protein:** Less than 5 g total fat, 2 g saturated fat, 95 mg cholesterol per 3 ½ ounces of uncooked meat, poultry, or seafood
- ✓ **Low Saturated Fat:** 1 g or less and 15% or less of calories from saturated fat
- ✓ **Trans Fat Free:** Less than 0.5 g of trans fat per serving

DEFINITIONS OF CHOLESTEROL:

- ✓ **Low Cholesterol:** 20 mg or less per serving and 2 g or less saturated fat per serving
- ✓ **Cholesterol Free:** Less than 2 mg per serving and 2 g or less saturated fat per serving
- ✓ **Less Cholesterol:** 25% or less than the food it is being compared to and 2 g or less saturated fat per serving

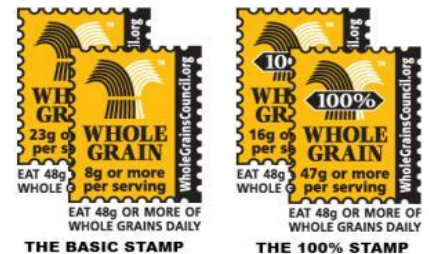
WHOLE GRAINS

HOW DO I KNOW IF IT IS WHOLE GRAIN?

Whole grain foods contain all of the essential parts and naturally-occurring nutrients found in the entire grain kernel (bran, endosperm, and germ). Unrefined grains, such as wild rice, are 100% whole grains. Some foods have a combination of refined and unrefined grains, but may still be considered a good source of whole grains.

Look to see if the food has the Whole Grain Stamp. How many grams per serving are listed on the stamp? A serving of whole grains is equal to 16 grams of whole grain ingredients. Therefore, the Whole Grain Council uses the following terms to describe whole grain food products:

- **“Good source”:** Has >8 g of whole grains per serving
- **“Excellent source”:** Has >16 g of whole grains/serving
- **“100% / Excellent”:** All of the grain is whole grain and has at least 16 g of whole grains/serving



Remember to look for “Excellent” or “100%/Excellent” sources of whole grains.

GENERAL STANDARDS FOR HEALTHY FOODS (BASED ON AMERICAN HEART ASSOCIATION HEART-CHECK PROGRAM REQUIREMENTS)		
Nutrients	Amount per Label Serving	Exceptions
Total Fat	<6.5 g	Lean meats (<10 g) Extra lean meats (<5 g) Main dish/meal products (<3 g) Nuts (no limit) Fish (<16 g)
Saturated Fat	<1 g	Lean meats (<4.5 g) Extra lean meats (<2 g) Nuts (<4 g per 50 g) Fish (<4 g)
Trans Fat	<0.5 g	Applies to all foods
Cholesterol	<20 mg	Lean meats (<95 mg per 3.5 ounces) Extra lean meats (<95 mg per 3.5 ounces) Nuts (0 mg) Fish (<95 mg per 3.5 ounces)
Sodium	<480 mg (also per label serving)	Main dish/meal products (<600 mg) Nuts (<140 mg)
Sugar	<20 g per 6 oz yogurt <7 g total if fiber is 10-19% DV <9 g total if fiber is over 20% DV	Applies to dairy and grains only. Other food groups should have no added sugar or should be canned in light syrup or own juice.
Beneficial Nutrients	>10% Daily Value of one or more of these nutrients (Vitamin A, vitamin C, iron, calcium, protein, dietary fiber)	Applies to all foods
Dietary Fiber	>1.7 g per 30 g >2.5 g per 45 g >2.8 g per 50 g >3 g per 55 g	Only applies to grains
EPA & DHA	>500 mg per 85 g (3 ounces cooked)	Only applies to fish

***Above are some criteria to evaluate foods that are worth considering healthy. Foods must meet all of the nutrient standards with the exception of the “exceptions” column.**

WEBSITE REFERENCES

Dietary Guidelines for Americans 2010

<http://www.health.gov/dietaryguidelines/2010.asp>

American Heart Association Heart Check Mark Nutrition Requirements

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HeartSmartShopping/Heart-Check-Mark-Nutrition-Requirements_UCM_300914_Article.jsp

FDA Food Labeling Guide: A Definition of Nutrient Claims

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064911.htm>

Healthy Food Guidelines for Communities (see Appendix 1)

http://www.fnha.ca/Documents/Healthy_Food_Guidelines_for_First_Nations_Communities.pdf